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(b) 45 to 85% by weight of a mixture of plant extracts wherein the mixture includes:

- (1) escolsica californica, matricaria chamomilla, tilia cordata, crategus oxyacantha, and foeniculum vulgaris, or
- (2) melissa officinalis, escolsica californica, matricaria chamomilla, ruscus aculeatus, foeniculum vulgaris, and silybum marianum; together with a pharmaceutically acceptable inert carrier or diluent.
- 37. A method of aiding an individual who smokes, to stop smoking, which comprises the step of administering to said individual a therapeutically effective amount of a phytopharmaceutical composition for reducing tobacco smoke addiction which consists essentially of:
- (a) 10 to 30% by weight of at least one amino acid selected from the group consisting of cysteine, cystine, phenylalanine, methionine, tryptophan, tyrosine, histidine and glutamic acid; and

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(b) 45 to 85% by weight of a mixture of plant extracts
wherein the mixture includes: melissa officinalis, escolsica
californica, matricaria chamomilla, ruscus aculeatus, foeniculum
vulgaris, and silybum marianum; together with a pharmaceutically
acceptable inert carrier or diluent.

- 38. A method of aiding an individual who smokes, to stop smoking, which comprises the step of administering to said individual a therapeutically effective amount of a phytopharmaceutical composition for reducing tobacco smoke addiction which consists essentially of:
- 3.75% by weight tryptophan;
 - 3.75% by weight phenylalanine;
 - 3.75% by weight tyrosine;
 - 3.75% by weight methionine;
 - 15% by weight melissa officinalis,
 - 15% by weight escolsica californica;
 - 15% by weight matricaria chamomilla;
 - 15% by weight ruscus aculeatus;
 - 10% by weight foeniculum vulgaria;
- 15 10% by weight silybum marianum; and
- 16 4.7% by weight sorbitol.